## Sunday

# **The Park Center Aquatics Schedule**

Sunday

	Leisure Pool	i i			Competi	tion Pool				
Time	Leisure Foor	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time
5:00 AM										5:00 AM
6:00 AM		 								6:00 AM
7:00 AM										7:00 AM
8:00 AM										8:00 AM
9:00 AM										9:00 AM
10:00 AM										10:00 AM
11:00 AM	Open Plunge 9AM - 1:45PM	Lap Swim 9AM - 1:45PM	11:00 AM							
12:00 PM										12:00 PM
1:00 PM										1:00 PM
2:00 PM										2:00 PM
3:00 PM		į								3:00 PM
4:00 PM		i !								4:00 PM
5:00 PM		 								5:00 PM
6:00 PM		 								6:00 PM
7:00 PM		ļ								7:00 PM
8:00 PM		i								8:00 PM
9:00 PM		i !								9:00 PM
10:00 PM	i i I	 								10:00 PM

### LAP SWIMMING ETIQUETTE

Note: Our pools are for multiple uses. Activities including: Aqua Fit, Swim Teams, Groups, Rentals, and Lessons may restrict lane availability. When limited lap lanes are available, lanes must be shared with other lap swimmers. If two or more swimmers share a lane, circle swimming must be used.

### **PLEASE NOTE**

Lap Swimming at other than scheduled times is on space available basis.

## Monday

# **The Park Center Aquatics Schedule**

## Monday

	Leisure Pool		Competition Pool							
Time	Leisule Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time
5:00 AM		Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM
6:00 AM	I I Adult Only Time		Murray High 6AM - 8:30AM*  Lap swim availability changes depending on A or B day.							
7:00 AM	5AM - 9AM I					II) (B Schedule: Iule for A/B day				7:00 AM
8:00 AM										8:00 AM
9:00 AM	Easy Does It-Shallow 9AM - 10AM							ep Water Aqua 3:45AM - 9:45AI		9:00 AM
10:00 AM	Adult Only Time 10AM - 11AM						PM Lap Swim			10:00 AM
11:00 AM		Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM		Lap Swim 9:45AM - 3PM		11:00 AM
12:00 PM									Lap Swim 9:45AM - 3PM	12:00 PM
1:00 PM										1:00 PM
2:00 PM	Open Plunge 11AM - 5:50PM									2:00 PM
3:00 PM		Murray High 3PM - 4PM								3:00 PM
4:00 PM		MAC Swim							4:00 PM	
5:00 PM					4PM - 9	5:30PM				5:00 PM
6:00 PM	Aqua Fit-Shallow 6PM - 7PM				Comp - 6:30PM					6:00 PM
7:00 PM					iters - 7:30PM					7:00 PM
8:00 PM	Open Plunge 7PM - 9:45PM							Lap Swim 5:30PM - 9:45PM	Lap Swim 5:30PM - 9:45PM	8:00 PM
9:00 PM		Lap Swim 7:30PM - 9:45PM	Lap Swim 7:30PM - 9:45PM	Lap Swim 7:30PM - 9:45PM	Lap Swim 7:30PM - 9:45PM	Lap Swim 7:30PM - 9:45PM	Lap Swim 7:30PM - 9:45PM			9:00 PM
10:00 PM	i i i									10:00 PM

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### **PLEASE NOTE**

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## Tuesday

# **The Park Center Aquatics Schedule**

**Tuesday** 

	Leisure Pool	[	Competition Pool								
Time	Leisure Poor	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time	
5:00 AM	i I I	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM	
6:00 AM	Adult Only Time 5AM - 9AM		Murray High 6AM - 8:30AM*  Lap swim availability changes depending on A or B day.								
7:00 AM	I JAW - SAW I			•	6:30AM - 8:30AM See MHS Sched					7:00 AM	
8:00 AM	]   									8:00 AM	
9:00 AM	Aqua Fit-Shallow 9AM - 10AM									9:00 AM	
10:00 AM	Adult Only Time 10AM - 11AM									10:00 AM	
11:00 AM		Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	11:00 AM	
12:00 PM	Î I I									12:00 PM	
1:00 PM	Open Plunge 11AM - 3:50PM									1:00 PM	
2:00 PM										2:00 PM	
3:00 PM						y High - 4PM				3:00 PM	
4:00 PM			MAC Swim							4:00 PM	
5:00 PM	Swim Lessons 4PM - 7PM	Swim Lessons 4PM - 7PM				4PM - 5:30PM				5:00 PM	
6:00 PM		 	Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM		ep Water Aqua 6PM - 7PM	Fit	6:00 PM	
7:00 PM					Youth W	ater Polo				7:00 PM	
8:00 PM	Open Plunge 7PM - 9:45PM	Lap Swim			7PM - 8	8:30PM			Lap Swim	8:00 PM	
9:00 PM		7PM - 9:45PM	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	7PM - 9:45PM	9:00 PM	
10:00 PM			9:45PM	9:45PM	9:45PM	9:45PM	9:45PM	9:45PM		10:00 PM	

### LAP SWIMMING ETIQUETTE

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## PLEASE NOTE

Lap Swimming at other than scheduled times is on space available basis.

## Wednesday

# **The Park Center Aquatics Schedule**

## Wednesday

	Leisure Pool	I I			Competi	tion Pool				ı		
Time	Leisure Poor	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time		
5:00 AM		Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM		
6:00 AM		Murray High 6AM - 8:30AM*  Lap swim availability changes depending on A or B day.								6:00 AM		
7:00 AM	Adult Only Time			•		/I) (B Schedule: dule for A/B days				7:00 AM		
8:00 AM	5AM - 11AM									8:00 AM		
9:00 AM								ep Water Aqua 3:45AM - 9:45AN		9:00 AM		
10:00 AM		i !								10:00 AM		
11:00 AM		Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM			11:00 AM			
12:00 PM								Lap Swim 9:45AM - 3PM	Lap Swim 9:45AM - 3PM	12:00 PM		
1:00 PM										1:00 PM		
2:00 PM	Open Plunge 11AM - 5:50PM							2:00 PM				
3:00 PM		Murray High 3PM - 4PM							3:00 PM			
4:00 PM		MAC Swim							4:00 PM			
5:00 PM					4PM -	5:30PM				5:00 PM		
6:00 PM	Aqua Fit-Shallow 6PM - 7PM				Comp - 6:30PM			Lap Swim 5:30PM - 6:30PM	Lap Swim 5:30PM - 7PM	6:00 PM		
7:00 PM		Boy Scouts				sters - 7:30PM			Boy Scouts	7:00 PM		
8:00 PM	Open Plunge 7PM - 9:45PM	7PM - 9PM   			Wate	r Polo			7PM - 9PM	8:00 PM		
9:00 PM		Lap Swim			7:30PM	- 9:30PM			Lap Swim	9:00 PM		
10:00 PM		Lap Swim   9PM - 9:45PM   	Lap Swim 9:30PM - 9:45PM	Lap Swim 9:30PM - 9:45PM	Lap Swim 9:30PM - 9:45PM	Lap Swim 9:30PM - 9:45PM	Lap Swim 9:30PM - 9:45PM	Lap Swim 9:30PM - 9:45PM	9PM - 9:45PM	10:00 PM		

### LAP SWIMMING ETIQUETTE

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### **PLEASE NOTE**

Lap Swimming at other than scheduled times is on space available basis.

## **Thursday**

# **The Park Center Aquatics Schedule**

**Thursday** 

	Leisure Pool	 			Competi	tion Pool					
Time	Leisule Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time	
5:00 AM		Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM	
6:00 AM	Adult Only Time 5AM - 9AM		Murray High 6AM - 8:30AM*  Lap swim availability changes depending on A or B day.							6:00 AM	
7:00 AM	I SAIW - SAIW I		(A Schedule: 6:30AM - 8:30AM) (B Schedule: 6AM - 7:45AM) *See MHS Schedule for A/B days.								
8:00 AM										8:00 AM	
9:00 AM	Aquafit-Shallow 9AM - 10AM									9:00 AM	
10:00 AM	Adult Only Time 10AM - 11AM									10:00 AM	
11:00 AM	•	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	11:00 AM	
12:00 PM										12:00 PM	
1:00 PM											1:00 PM
2:00 PM										2:00 PM	
3:00 PM						y High - 4PM				3:00 PM	
4:00 PM			MAC Swim							4:00 PM	
5:00 PM	Swim Lessons 4PM - 7PM	Swim Lessons 4PM - 7PM				4PM - 5:30PM				5:00 PM	
6:00 PM			Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM	Lap Swim 5:30PM - 7PM	De	ep Water Aqua 6PM - 7PM	Fit	6:00 PM	
7:00 PM					Youth W	ater Polo				7:00 PM	
8:00 PM	l Open Plunge	Lap Swim			7PM - 8	8:30PM			Lap Swim	8:00 PM	
9:00 PM	7PM - 9:45PM	7PM - 9:45PM	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	7PM - 9:45PM	9:00 PM	
10:00 PM			9:45PM	9:45PM	9:45PM	9:45PM	9:45PM	9:45PM		10:00 PM	

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	The Deule Combon management

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# **The Park Center Aquatics Schedule**

**Friday** 

	Leisure Pool	 	Competition Pool							
Time	Leisule Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time
5:00 AM		Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	Lap Swim 5AM - 6AM	5:00 AM
6:00 AM	Adult Only Time	Murray High 6AM - 8:30AM*  Adult Only Time Lap swim availability changes depending on A or B day.								6:00 AM
7:00 AM	5AM - 9AM	M (A Schedule: 6:30AM - 8:30AM) (B Schedule: 6AM - 7:45AM)  *See MHS Schedule for A/B days.								7:00 AM
8:00 AM										8:00 AM
9:00 AM	Easy Does It-Shallow 9AM - 10AM							ep Water Aqua 3:45AM - 9:45AI	9:00 AM	
10:00 AM	Adult Only Time 10AM - 11AM									10:00 AM
11:00 AM		Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM	Lap Swim 8:30AM - 3PM				11:00 AM
12:00 PM						Lap Swim 9:45AM - 3PM	Lap Swim   Lap Swim   9:45AM - 3PM   9:45AM - 3PM		12:00 PM	
1:00 PM										1:00 PM
2:00 PM										2:00 PM
3:00 PM			Murray High 3PM - 4PM							3:00 PM
4:00 PM	Open Plunge				MAC	Swim				4:00 PM
5:00 PM	11AM - 9:45PM				4PM - \$	5:30PM				5:00 PM
6:00 PM					Comp - 6:30PM					6:00 PM
7:00 PM								1 m 6 .	Lan C	7:00 PM
8:00 PM		Lap Swim 6:30PM -	Lap Swim 6:30PM -	Lap Swim 6:30PM -	Lap Swim 6:30PM -	Lap Swim 6:30PM -	Lap Swim 6:30PM -	Lap Swim 5:30PM - 9:45PM	Lap Swim 5:30PM - 9:45PM	8:00 PM
9:00 PM		9:45PM	9:45PM	9:45PM	9:45PM	9:45PM 9:45PM			9:00 PM	
10:00 PM										10:00 PM

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## Saturday

# **The Park Center Aquatics Schedule**

**Saturday** 

	l I I Laigura Daol	[	Competition Pool								
Time	Leisure Pool	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Time	
5:00 AM	i !	i ! !								5:00 AM	
6:00 AM		i ! !								6:00 AM	
7:00 AM	I Adult Only Time		Murroy High 7AM 9:20AM								
8:00 AM	7AM - 9AM	Murray High 7AM - 8:30AM									
9:00 AM									Swim Lessons 9AM - 12PM	9:00 AM	
10:00 AM	Swim Lessons 9AM - 12PM	Swim Lessons 9AM - 12PM								10:00 AM	
11:00 AM										11:00 AM	
12:00 PM	 										
1:00 PM			Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -	Lap Swim 8:30PM -		1:00 PM	
2:00 PM		Lap Swim 12PM - 6:45PM		6:45PM		6:45PM	6:45PM	6:45PM	6:45PM	Law Orașina	2:00 PM
3:00 PM	Open Plunge 12PM - 6:45PM							1:	Lap Swim 12PM - 6:45PM	3:00 PM	
4:00 PM										4:00 PM	
5:00 PM										5:00 PM	
6:00 PM										6:00 PM	
7:00 PM										7:00 PM	
8:00 PM										8:00 PM	
9:00 PM										9:00 PM	
10:00 PM		] 								10:00 PM	

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